

Developing Quality of Action

An Introduction to the Michael Chekhov Technique

Exercising the Will and *Inspiring the Imagination* make up the vital pathways in Michael Chekhov's Acting Technique and it could be argued that the quality of one's actions (in life and in performance) is directly related to the ability to engage will and imagination. Exercising the will facilitates the manifestation of one's goals and intentions and leads to precision and clarity of both physical and vocal actions. While engaging the imagination enables a person to fill their actions with quality, such as the expression of feelings, intentions and imagery. In other words: to give colour to what you do or say.

This workshop will offer participants an opportunity to explore and develop - in a relaxed and enjoyable manner - some of Michael Chekhov's fundamental strategies and principles, particularly the techniques of *Archetypal Gesture*, the *Six Directions*, *Imaginary Body* and *Creating Atmosphere* (practical steps to affect the intangible mood of an environment which in its turn will help arouse feelings in those who dwell in that environment (for example performers and spectators).

Michael Chekhov claims that in every true, great piece of art you will always find four qualities, which the artist has put into his creation: Ease, Form, Beauty, and Wholeness.

The spiritual, practical and holistic nature of Michael Chekhov techniques provides great benefit for directors, actors, dancers, singers, musicians and writers, but also for teachers, presenters, groups & community leaders, social workers, therapists, and in fact for every day life itself!

Bert van Dijk is a theatre director and pedagogue of international repute, who has directed numerous productions in a great variety of genres: classics, devised theatre, mime, physical theatre, bi-cultural, inter-cultural, musical, community and outdoor theatre.

After directing a number of productions using the Michael Chekhov technique (*The Greeks*, *Company*, *Salome*, *Othello*, *Metamorphosis* and *Agamemnon*), Bert refined his working knowledge of the MC method at the 2004 International Michael Chekhov Symposium in Croatia.

Date: **Saturday September 19**

Times: **10:00AM – 5:00PM**

Venue: **St Augustine's Hall**
95 Calliope Rd, Devonport

Cost: **\$80 (waged) / \$60 (unwaged)**

Booking: **E: bertvd@clear.net.nz**
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